



## Junior Members Charter

### Gala Harriers Athletic Club will:

- Encourage and support all our member's in achieving their full potential within the sport of athletics.
- Provide Coaching and training facilities in a safe and secure environment.
- Provide competitive opportunities for all members, on both an individual and team basis at local and national levels.
- Regularly communicate to all members their progress plus current and future club activities.

### Club Members will:

Arrive at training promptly, suitably prepared for physical activity.

- Be courteous to their coaches and communicate any problems they may have prior to training starting.
- Carry out to the best of their abilities all instructions and activities that the Coach(es) want in a respectful and timely manner.
- Be courteous and respectful to their club-mates.
- At all time when representing the club at competitions be courteous and respectful to all officials, helpers and fellow athletes.
- Encourage and support their club mates in their training and competitions.
- Parents/Guardians of Junior Members are requested to:
  - Support the Club and the athletes in meeting the above objectives.
  - Support and encourage the athlete in achieving their potential.
- Promote the sport of athletics in a positive manner.

### Discipline Procedure:

Gala Harriers use a yellow/red card warning system to manage any discipline issues as follows:

YELLOW CARD - following minor breach of conduct e.g. not following instructions, distracting the group

RED CARD - persistent disruptive behaviour or one more significant incident e.g. swearing, pushing

If there is any further incidents following the above warnings parent/carer will be informed and asked to ATTEND ALL SESSIONS with their child and support a positive change in behaviour.

Our Welfare contact is Jan Brown, she is at the track most Thursdays or can be contacted at [welfareofficer@galaharriers.co.uk](mailto:welfareofficer@galaharriers.co.uk)

Signed by Athlete: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_

Parent / Guardian \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_